

Contacting John

Congressman Larson is very interested in hearing your views on issues that are important to you as well as providing assistance you may need in dealing with federal agencies. [Please click here to send an email to Congressman Larson](#)

Due to Congressional courtesy, Congressman Larson will only be able to answer emails from constituents from Connecticut's 1st district.

If you live in the First Congressional District, but are currently residing elsewhere or serving overseas in the military, please use your permanent Connecticut address when submitting a message. In your email, please note your temporary address overseas so that I may respond promptly.

Due security screening of mail sent to Congress, letters sent to Congressman Larson's Washington D.C. Office via U.S. Mail can be delayed by 2-4 weeks.

Requesting a Meeting

To submit a scheduling request for a meeting in either Hartford or Washington D.C., [please click here and complete the web form.](#)

Casework

If you need assistance dealing with a federal agency, such as Medicare, Social Security, Veterans Affairs or other problems with the federal government, [please click here](#) .

If this is an urgent request, please contact the Hartford District Office directly at (860) 278-8888.

Congress ConneCTion E-Newsletter

To receive periodic emails from Congressman Larson on issues concerning the First District of Connecticut, [please click here to sign up for the Congress ConneCTion e-newsletter.](#)

Washington D.C. Office

106 Cannon House Office Building
Washington, DC 20515
(202) 225-2265
Fx: (202) 225-1031

Hartford, CT Office

221 Main Street, 2nd Floor
Hartford, CT 06106
Ph: (860) 278-8888
Fx: (860) 278-2111